

While in the service, Bob would many Joyce Ross, his lifelong partner. Following his time in the military, Bob would earn his master's degree at the University of Washington and would begin his impressive teaching and coaching career at both the high school and collegiate levels. Under his leadership, the Fullerton College track team would earn five conference titles and a state championship, leading to Ward's induction into the College's Coaching Hall of Fame.

Always the learner, Bob would seek out new and innovative techniques to push his athletes to the next level. His constant quest for knowledge would lead him to Indiana University, where he earned his Doctorate in Biomechanics. This drive would soon be noticed by the Dallas Cowboys, where over the next 14 years he would become one of the most respected and celebrated strength coaches in the NFL during the notable Landry years.

Continuing his lifelong love of athletic competition, Dr. Ward competed in various Masters Track and Field competitions well into his 80s, earning world records in the 70–74 age group in weightlifting and various pentathlon weight events in track. Bob would co-author several books on sports training and a book on his life journey, *Building the Perfect Star*.

While Bob's professional achievements include an awe-inspiring list of accolades, his greatest achievement was his family. Bob was blessed with two daughters, six grandchildren, and five great-grandchildren, as well as a life-time of partnership with his wife, Joyce.

Now as we recognize Dr. Bob Ward, I ask my colleagues in the House of Representatives to join me in honoring his rich life and legacy.

AVASARALA KANYAKUMARI

HON. RAJA KRISHNAMOORTHY

OF ILLINOIS

IN THE HOUSE OF REPRESENTATIVES

Friday, August 6, 2021

Mr. KRISHNAMOORTHY. Madam Speaker, today I wish to honor the life and talent of Avasara Kanyakumari, a revered master violinist, composer, and teacher in the Indian Carnatic musical tradition.

Born in the city of Guntur in Andhra Pradesh, India, Kanyakumari began her musical life on the violin at the age of eight. Blessed with an abundance of natural talent and nurtured by her family and dedicated teachers—including the eminent violinist Maestro Ivaturi Vijayeswara Rao—Kanyakumari was soon performing in small concerts and building a reputation as a musical prodigy.

After graduating high school, Kanyakumari moved to Chennai, where she continued her education and her musical career as an accompanist and soloist of great renown, deeply admired by critics and aficionados alike for her technical skill and exquisite musicality.

The Indian Government recognized her talent and contributions to Indian music and culture with the Padma Shri Award in 2015. The following year, Kanyakumari was honored with the Kalaimamani Award from the state of Tamil Nadu, and the prestigious Sangita Kalanidhi Award from the Madras Music Academy.

Kanyakumari is revered for her commitment to cultivating the next generation of Carnatic

musicians. She offers her services without charge, as her way of paying it forward and honoring the contributions made by her teachers to developing her talents. And Kanyakumari is a wonderful musical ambassador, sharing the beauty of the Carnatic tradition with music lovers all over the world. (I was especially moved by a recent rendition of the Star-Spangled Banner on this Fourth of July, performed by Kanyakumari and her student disciples.)

Madam Speaker, I want to recognize the contributions of maestro, guru, and composer Avasara Kanyakumari to Indian music and culture, and the gift of her talent to the millions of devotees of the Carnatic musical tradition.

EPIC EXPERIENCE

HON. ED PERLMUTTER

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

Friday, August 6, 2021

Mr. PERLMUTTER. Madam Speaker, I rise today to recognize Epic Experience for being recognized as the 2020 Non-Profit of the Year by the Arvada Chamber of Commerce.

Epic Experience was founded in 2012 by Nancy Ferro and Abby Staible, after Nancy's eldest son Michael received a testicular cancer diagnosis. This experience led the two of them to establish Epic Experience, an Arvada-based non-profit with the goal of empowering adult cancer survivors to live and thrive beyond cancer. They empower their members by offering workshops and camps to individuals who are dealing with a cancer diagnosis as a way to help cope with the mental and physical ramifications of these diagnoses. These experiences often provide a weeklong trip in the Rocky Mountains and allows patients and survivors a chance to challenge themselves physically, share their experiences with fellow survivors, and find community during a difficult time.

Since their beginning in 2012, Epic Experience has raised over \$2.5 million dollars and helped nearly 5,000 cancer survivors and thrivers. They have seen tremendous success with their program reporting 95 percent of campers having an improvement in their mental health after attending a camp or workshop. When the COVID-19 pandemic hit, Epic Experience demonstrated their resiliency by transforming its traditional in person camping seminars to a virtual setting to protect its immune-compromised population. In addition, Epic Experience offered free online yoga, training, and how-to videos as well as three-day virtual seminars to help maintain the close connections and support the non-profit provides so many.

Epic Experience reflects and embodies the compassion, love, and sense of community that is well-known in Arvada and is so important for cancer survivors. The success of Epic Experience has led to life-changing, positive impacts for so many and given individuals a great quality of life as they survive and thrive beyond cancer. Congratulations to Epic Experience for their hard work and dedication to our community and for receiving the Non-Profit of the Year award from the Arvada Chamber of Commerce.

HONORING TOM FLORES

HON. JIM COSTA

OF CALIFORNIA

IN THE HOUSE OF REPRESENTATIVES

Friday, August 6, 2021

Mr. COSTA. Madam Speaker, I rise today along with my colleagues, Mr. RUIZ and Mr. SOTO, to recognize Mr. Tom Flores for his successful career and outstanding achievements in professional football.

Tom Flores was born in Fresno and raised in Sanger, California. He is a son of immigrants who had humbled beginnings working in the agriculture fields of the San Joaquin Valley. He attended Fresno City College, where he played as quarterback for two seasons and then received an academic scholarship to study at the University of the Pacific.

Following his graduation, Flores sought to pursue a career in professional football. For him, like others, it was not easy. He was cut by the Calgary Stampeders of the Canadian Football League in 1958, and then by the Washington Redskins of the National Football League (NFL) in 1959. But that did not stop him: he persisted until his dream became a reality.

In 1960, Flores became the first Hispanic quarterback in American professional football after winning the starting quarterback job with the American Football League's Oakland Raiders. He later played for the Buffalo Bills and the Kansas City Chiefs. He won his first Super Bowl ring in 1969 playing quarterback for the Kansas City Chiefs. After a successful playing career, he retired, following the 1970 season.

Subsequently, Flores served as an assistant coach with the Buffalo Bills and Oakland Raiders. In 1979, he became the Raiders head coach and the first Hispanic head coach in NFL history. Under his leadership, the Raiders won the 1980 Super Bowl XV and 1983 Super Bowl XVIII. Tom Flores has four Super Bowl rings and is one of two individuals that earned that honor as a player, assistant coach, and head coach.

Coach Flores joined the Raiders front office after the 1987 season. A year later, he became President and General Manager of the Seattle Seahawks. In 1992, he returned to the sideline as the head coach of the Seahawks for three seasons. In twelve seasons as a head coach, Flores compiled a career record of 97–87 and an impressive playoff record of 8–3, surpassed only by the legendary coach Vince Lombardi. He later returned to the Raiders, where he spent more than two decades as a radio analyst.

After a successful career in football, both as a player and coach, Flores has used his influence to raise nearly 2 million dollars to support Sanger Unified School District's science, art, and athletics programs through the Tom Flores Foundation. Demonstrating a commitment to giving back to our communities and nation.

Coach Flores was selected to be enshrined as a member of the Class of 2021 for the Pro Football Hall of Fame, an honor well deserved and overdue. He will be the third Raiders Head Coach in the Hall of Fame. The Class of 2021 will be enshrined on Sunday, August 8, 2021, in Canton, Ohio.

Today, he remains active with the Raiders, now in Las Vegas, Nevada. Through his illustrious athletic career and commitment to his

community, Tom Flores has truly been a role model, not only for Latinos but all fans of the NFL.

Madam Speaker, I ask my colleagues to join me in congratulating Tom Flores. We recognize his successful career and contributions to society, look forward to his enshrinement in the Pro Football Hall of Fame.

RECOGNIZING REGINA WILLIAMS

HON. JOHN JOYCE

OF PENNSYLVANIA

IN THE HOUSE OF REPRESENTATIVES

Friday, August 6, 2021

Mr. JOYCE of Pennsylvania. Madam Speaker, I rise today to recognize Ms. Regina Williams on being named 2020 Historian of the Year by the Bedford County Historical Society.

Throughout the past year, Ms. Regina Williams has kept the history of Bedford County alive through her work to maintain social media pages dedicated to preserving our local history.

Her love of Bedford County goes beyond social media, as she has led hikes to the historical salt cave in Sweet Root Park, as well as the Imes Cemetery. She has also created education programs about Southampton Township for the Bedford County Leadership Group. Furthermore, Ms. Regina Williams has worked tirelessly to restore the Point Pleasant School in Southampton Township.

Ms. Regina Williams' work has greatly impacted the people of Bedford County for the better and her commitment to sharing our community's history is unmatched. On behalf of the 13th District of Pennsylvania, I congratulate Ms. Regina Williams on being named 2020 Historian of the Year and wish her continued success in her work to tell the story of Bedford County.

HONORING THE LIFE AND SERVICE OF MR. HIRAM "H" BOWLIN

HON. DIANA HARSHBARGER

OF TENNESSEE

IN THE HOUSE OF REPRESENTATIVES

Friday, August 6, 2021

Mrs. HARSHBARGER. Madam Speaker, I rise to recognize Mr. Hiram "H" Bowlin, who is a distinguished veteran that served our country in World War II and recently celebrated his 101st birthday on June 7, 2021. I extend my sincerest gratitude to Hiram for his dedicated service to our country, and I further thank him for his continued service to our community. I am delighted to wish him a very happy and joyful 101st birthday.

Hiram's service began when he was sent to Europe and assigned to the 94th Infantry, which was a part of the 3rd Army commanded by the great General George Patton. This infantry saw a total of 209 days of combat and participated in campaigns in Northern France, Rhineland, Ardennes-Alsace, and Central Europe. Hiram served as a Communications Sergeant and was responsible for stringing "commo wire" to different command posts during the war.

He was discharged January 16, 1946, and he returned home to the U.S. on February 6, 1946. For his service, Hiram has been award-

ed the Bronze Star, the World War II Victory Medal, Good Conduct Medal, and the M-1 Rifle Marksmanship Badge Medal, among other awards.

Hiram is described by his friends as a man of God who is beloved by his community. He often exchanges a warm smile and friendly wave with his neighbors as they pass by his home. He spent his 101st birthday surrounded by his friends and loved ones and even got the opportunity to ride in an antique fire truck that is as old as Hiram himself. When asked about the secret to living a long life by a local reporter, Hiram jokingly quipped, "Keep breathing."

Hiram is a blessing to everyone that knows him, and he has made a large impact on our community. He is known as a kind, caring man who loves Jesus. Veterans like Hiram are the backbone of our nation, and we owe them our sincerest gratitude. His service and sacrifice are a testament to his character and his deep love for our country. I want to extend my deepest thanks to Hiram for his dedicated service to our nation, and once again, wish him a very happy birthday.

KAT DOUGLAS

HON. ED PERLMUTTER

OF COLORADO

IN THE HOUSE OF REPRESENTATIVES

Friday, August 6, 2021

Mr. PERLMUTTER. Madam Speaker, I rise today to recognize Kat Douglas for being awarded the 2020 Arvada Chamber of Commerce's Chairman's Choice Award.

As the Director of Jefferson County Community and Workforce Development, she has led the workforce, housing, homeless and Veterans program while supporting the economic vitality of the community and region. During the COVID-19 pandemic, Kat and her teams supported the ongoing response and recovery efforts, along with their strong partner network, across Jefferson County. Specifically, Kat and her team helped manage the small business grant program, the Business and Economic Recovery Task Force, and the five-star certification program. The five-star certification program allowed certified businesses to open at a larger capacity, providing them with the ability to serve more customers and helping their bottom line following a difficult year. The process helped the Jefferson County community identify businesses as safe and responsible during times of uncertainty and helped jumpstart the economic recovery for businesses that were hit hard during the COVID-19 pandemic and the region in general.

Kat's work to help businesses and the economy of Jefferson County—as well as her more than 17 years in Jefferson County government—is remarkable and clearly demonstrates her as a leader in our community and someone works hard to serve the needs of our residents and businesses. Thank Kat Douglas for her hard work and dedication to our community, and congratulate her on receiving the Arvada Chamber's Chairman's Choice Award.

COMMEMORATING ASSYRIAN MEMORIAL DAY

HON. JAMES P. MCGOVERN

OF MASSACHUSETTS

IN THE HOUSE OF REPRESENTATIVES

Friday, August 6, 2021

Mr. MCGOVERN. Madam Speaker, I rise today to commemorate Assyrian Memorial Day, which is observed annually on August 7 to honor the memory of all those Assyrians who have fallen victim to genocide, other mass atrocities, and persecution. I am very proud that the Second Congressional District of Massachusetts is home to a vibrant Assyrian-American community—a proud reminder of survival and perseverance in the face of mass atrocities and extreme injustice.

The Genocide that we are commemorating today is a history of persecution and the systematic destruction of a people, based on their religion and ethnicity. It is a history shared with Armenians and Hellenes, or Greeks, perpetrated between 1914 and 1923. This is the period that began to form the world's modern-day understanding of crimes against humanity and genocide, culminating 20 years later in the atrocities committed against the Jewish people of Europe.

Madam Speaker, today is a moment to remember the hundreds of thousands of Assyrians who perished during this horror were irreplaceable human beings. Each individual—man or woman, children or the elderly—were part of a family, with dreams and hopes for the future—and all those hopes, all of those dreams, all of those "possibilities" were erased. This was done deliberately. This was a choice made by leaders at all levels of the Ottoman Empire and those who took charge immediately after the empire's demise.

The Assyrian people and the Assyrian Catholic Church have existed for over 2,000 years. In their ancestral homes of the Middle East—in Iraq, Syria, and Turkey—they lived and worshipped, established communities, and broke bread together, centuries before Islam was born in the region.

Sadly, the minority religions and peoples of the Middle East are facing yet another test, as they are again being persecuted and targeted for extinction. Most of the world's 2 to 4 million Assyrians still live around their traditional homelands, although they are frequently displaced and fleeing violence and war like so many others in the region. It is estimated that some 60 percent of Iraqi Assyrians have been forced to abandon their homes and leave the country since the U.S. invaded Iraq in 2003.

Today, tens of thousands of Assyrians in Northern Iraq have fled persecution at the hands of ISIS, which has attacked Assyrian villages, killing or imprisoning hundreds. And with ISIS has come another form of genocide—the war against the history of mankind—with the destruction of archaeological sites, ancient books, artifacts, works of art, houses of worship, museums, centuries-old Bibles, and relics. Yet, we can take hope from the survival of towns like Alqosh in northern Iraq and the Nineveh Plains. People survive and the culture and memory survive.

We cannot sit idly by and watch this destruction continue. We need to provide aid and protection to these communities, these villages and towns—certainly for the sake of the Assyrian and other Christian minorities defiantly